



Quinoa salad with chicken and mixed greens

Quinoa is high in nutritional value and is loaded with protein to help you feel fuller for longer. It is also an excellent source of fibre, as well as containing calcium, magnesium and iron. The currants, almonds, mint and lime juice give this dish a real twist, ensuring you never get bored with repetitive dishes. Healthy, easy and tasty food really does exist by the bucket load!

Ingredients

- 2 x 110g chicken breasts, grilled or poached, thinly sliced
- 4 TBS parsley, chopped
- 50g currants
- 30g raw almonds
- 100g carrots, diced
- 3 TBS mint, chopped
- 2 spring onions, cut thinly on the diagonal
- 60ml lime juice
- 1/2 tsp ground cumin
- 1 tsp sea salt
- 120ml olive oil
- 200g quinoa, cooked and cooled
- 4 handfuls salad greens, tossed with 2 TBS olive oil



Serves 2

Method



1. To poach the chicken breasts, cook them in 1cm boiling water in a covered pan for 6 minutes
2. Put all the ingredients, except the chicken and the salad greens, into a bowl, then toss together
3. Adjust the seasoning to taste. Mound half the quinoa salad on each plate
4. Make a bed of salad greens next to the quinoa and place the sliced chicken on top

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